



Newington Department of Human Services
131 Cedar Street
Newington, CT 06111



**A Helping Hand
 For All ages**

NEWINGTON ADVENTURE CHALLENGE COURSE



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You can discover more about a person in one hour of play than in a year of conversation

Plato

The Newington Challenge Course is an exciting and powerful way to foster team development and personal growth for businesses, schools and community groups. It is designed to teach participants important life skills of leadership, problem-solving, decision-making, cooperation, and communication.

Participants Learn To:

- A. Respect and Value Differences in a Group.
- B. Resolve Conflicts as a Group
- C. Trust in Themselves and Others
- D. Develop Self-Confidence

Staff: Our staff are trained and experienced in the field of adventure programming, challenge course facilitation, First Aid and CPR. Whether your goal is to improve productivity and cooperation in the workplace, develop youth leadership skills or enhance teamwork; we will work with you and design a program to accommodate your needs.

Email: rhuggard@newingtonct.gov

For an information/registration packet

Safety: Our course is constructed using the most up to date challenge course technology and is inspected annually by our builder, Northeast Adventures Inc.

The Challenge Course is comprised of cables, ropes, beams and platforms suspended from two to forty feet off the ground. There are low elements (from 1 to 3 feet off the ground) and high elements (up to 40 feet off the ground).

Our philosophy is based on challenge by choice, offering participants the encouragement to be involved at their own pace and comfort level.

The Challenge Course works by building cooperation, respect, communication, problem-solving, teamwork, along with self-realization, personal growth and a sense of accomplishment.

Our facilitators begin with basic trust exercises and gradually progress to more difficult challenges.

Customized programs can be half-days, full days and include low and/or high elements. We design a program to meet your group's individual needs.

We also offer a climbing tower and zip line combination program that can last from 3 to 4 hours as a purely recreational event .

The Challenge Course is a FUN, NON-COMPETITIVE, learning experience for everyone!

